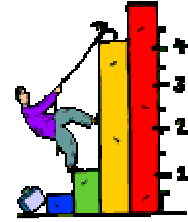


## Simple Eating Tips to Help You Reach Your Healthy Lifestyle Goals



**SMALL MEALS:** Eat light and don't eat until you are stuffed. Do eat breakfast, lunch and dinner in smaller portions and eat light snacks in between.

**DRINK LOTS OF WATER:** Our bodies need water for proper digestion and elimination of toxins. In addition, it helps curb our appetites.



**EAT SLOWLY:** This will give your brain an opportunity to register what you're putting into your body. This technique will reduce gas and bloating.

**KNOW YOUR FOOD LIMIT:** You'll feel much better if you don't gorge yourself.

**DON'T FOOL YOURSELF:** When you are full, stop eating. Just say NO!



**GET MOVING:** Try to get moving and stay active for improved digestion and overall health. To help eliminate extra pounds, go for a walk after a meal and see how good you feel. Being physically active is a key to good health.

